



Jon Bell

Counselling & Sports Psychotherapy

THERAPEUTIC CONTRACT

Our contract begins as a written document – this very document here – but quickly becomes the principles and ethical guidance that will support your counselling sessions. The contract is there to help both you and your therapist develop a therapeutic relationship through which you can safely share your story, with confidentiality, empathy, and consistency as fundamental aspects of your experience. The therapeutic contract relates to both parties and asks both you and your therapist to agree and adhere to what is required in order to make sure your experience is worthwhile and everyone's expectations are met.

YOUR THERAPIST

Your therapist Jonathan Bell is a fully-qualified Counselling Psychotherapist (PG Cert) with a Master's Degree (pending April 2021) in Psychotherapeutic Practice. Jonathan has completed his MA thesis into the issue of vulnerability in professional rugby league. He specialises in integrated practice, meaning that he works across a number of modalities (methods) depending on what works for the client.



Jonathan's primary modalities are humanistic approaches – Gestalt, Person-Centred and Emotion-Focussed – but from time to time, aspects from other ways of working (such as Neuroscientific, CBT and Existential methods) may be brought in. Remember, although this may sound wordy, complex and perhaps daunting, Jonathan will explain what these things mean during your initial conversation. Essentially, they're just ways in which they help you to explain and discover what you are feeling and grow your understanding and acceptance of your experiences. In its simplest form, therapy, or counselling if you prefer that word, are structured conversations – the modalities help to ensure you get something from these encounters.

Jon is an Accredited Registrant of the National Counselling Society.

BOOKINGS

If you would like to book a session or make an enquiry about my counselling and sports psychotherapy services, you can contact me via the 'Let's Talk' section below, email me at hello@jonbellcounselling.co.uk or call on 07845409902. Once you make contact, I will get in touch to introduce myself and begin the booking process.

Your first session will be secured by payment of the £45 fee no later than 24 hours prior to the booking date. All subsequent sessions will be paid for after their completion.

Venues: During the COVID-19 pandemic, all sessions will be held virtually on Zoom until my York-based venue is safe to open. During our introductory call, we will decide if you wish to continue to use Zoom, have outdoor counselling or attend your sessions at my home-based clinic in Acomb, York. Your preferences can change and be accommodated at any point.

CANCELLATIONS

In all but exceptional circumstances, all appointments have a 48-hour cancellation policy. Appointments will be charged for cancellations within that period. One-off rescheduled sessions will not be charged as a cancellation but repeated rescheduling will result in charges being incurred. New appointments will only be made once the cancelled session is paid for.

Please arrive at all appointments with your payment card or payment app. If you do not have the means to pay for your session, please inform your therapist beforehand to discuss options and ensure that you come to an agreement before commencing.

More than anything, this will help you to fully focus on your reason for being there, rather than being distracted about payments.

TIMINGS

Your first session will last 1 hour, with subsequent sessions running for 50 mins. The 10 minute gap between the end of your session and the next session (on the hour) is for a couple of reasons:

- Some sessions can be challenging and this 10 min period ensures that the therapist has time to make sure the client is ok and feels ready to end the session and continue with their day
- Similarly, sessions can sometimes be emotionally taxing for a therapist. This time gives your therapist the opportunity to have a drink, a comfort break, reset and write any notes that might be required.
- Lastly, confidentiality is key. For face-to-face sessions, this time allows clients to arrive and leave without passing one another.

CONFIDENTIALITY

Your name, your personal details and your reasons for coming to therapy are your business. Your therapist will only have this information because it is critical for them to know it. Your details and circumstances will NEVER be discussed with anyone outside of the sessions unless there is a critical reason to do so.

Confidentiality may be broken if:

- You or others are, in the opinion of the therapist, in danger or at serious risk of being harmed.
- The therapist is required to do so by subpoena.
- The client infers involvement in or knowledge of an act of terrorism or of money laundering.
- The client infers knowledge of or involvement in drugs trafficking.
- The client infers knowledge of or involvement in behaviours that may, in the therapists opinion, lead to harm or neglect to children and vulnerable adults.

In the unlikely event that you and your therapist have an unexpected meeting in public, your therapist will not initiate conversation. This is to protect the confidentiality of the client and the therapist. You or your therapist might be with family or friends and avoiding conversations lessens the need to explain – or avoid explaining – who the other person is.

LIMITING CONTACT

Unless there is a requirement to cancel or reschedule an appointment, your therapist will not contact you between sessions. The therapeutic relationship happens and stays in the room (or virtual room if online) and casual conversation between a client and a therapist is not helpful to either party and blurs the lines of what we have come together to achieve. Both client and therapist will agree on this matter at the first session.

SUPERVISION & CONFIDENTIALITY

Your therapist will monitor their own practice by attending regular supervision as part of their own self-development and adherence to BACP safe working practices. There are times where aspects of your sessions will be taken to supervision to monitor practice; at no time will your name or any identifiable information be mentioned. Your therapist's supervisor is also committed to this contracted confidentiality and the [*BACP Ethical Framework*](#).

RECORDS OF SESSIONS

Upon enquiring and booking a session with your therapist, your details will be taken and stored securely and confidentially. This is the only obligatory data that we require and subsequent notes (see below) are based on an agreement between you and your therapist.

Your therapist may occasionally ask to take notes – especially on your first session where they are critical to understanding you as a client – with note-taking lessening as the therapeutic relationship develops. All notes are typed or scanned into a secure/encrypted cloud file, identified only by your Client Reference Number (CRN), your first name and date of birth. You will be referred to as 'the client throughout the notes). You can request for no notes to be taken at any time.

COUNSELLOR RESPONSIBILITIES

- To be available at the agreed time.
- To start and end on time.
- To offer a quiet appropriate and undisturbed space.
- To maintain safe, professional boundaries.
- To regard all contact and information as confidential unless he has reasonable doubt concerning the actual safety of the client or others.
- To encourage client autonomy and respect the client at all times.
- To work within the BACP Ethical Framework (available upon request) including regular supervision.
- To review therapeutic work and relationship regularly.
- In the unlikely event of the therapist cancelling, an alternative appointment offered ASAP.

CLIENT RESPONSIBILITIES

- To attend punctually.
- To give a minimum of 48 hours' notice when cancelling/changing an appointment (or the full fee becomes payable).
- To pay half of first session in advance, then £45 per session in full at each appointment.
- Communicating with the therapist outside agreed counselling sessions to be limited to making, changing or cancelling an appointment unless by prior arrangement.
- To be respectful to the counsellor.
- To agree to give permission to contact GP if the therapist has serious concerns about risk to self (client) or others.
- To discuss with the therapist when you feel you are ready to end therapy.
- To let the therapist know if you are in or are considering entering another therapeutic relationship.

Lastly, everyone has questions. Rather than a huge list of FAQs that might not give you what you're looking for, your therapist will give you an opportunity during your initial enquiry conversation and throughout your sessions together to ask whatever you need to know. Questions are great in therapy and a really healthy way to ensure you are maintaining your understanding and 'stake' in the process. You are the focus of the work and your peace of mind matters.

I look forward to working with you.

Jonathan Bell

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